



# **2018 Idaho Rule Amendments**

## **Middle School Rules**

### **Middle School Experience:**

Middle school participation focuses on fun while developing skills, fitness and trail etiquette as the primary goals. Competition is a secondary goal.

All NICA rules, as published in the current rulebook apply to the middle school races unless they are specifically addressed here.

- Middle School student-athletes are not eligible to upgrade to High School categories
- Middle school racers will not earn points toward High School team totals.
- Middle School races are not a series. They are a set of individual races. The results from one race do not carry over to subsequent races except for the purpose of staging.

### **Middle School Categories:**

There are three middle school categories within each gender:

6 <sup>th</sup> Grade	Current season 6th Graders ONLY
7 <sup>th</sup> Grade	Current season 7th Graders ONLY
8 <sup>th</sup> Grade	Current season 8th Graders ONLY

### **Sub-Categories:**

- Race categories that exceed or are expected to exceed 50 participants will be divided at the beginning of the season into 'A' and 'B' (and if necessary 'C') sub-categories.
  - o The initial placement of individual student-athletes into their sub-category will be based on the results of the prologue which is held at the time of the first race as described below.
  - o The fastest finishers in the prologue will be placed into the A sub-category for subsequent races with the remainder being placed into the B and C sub-categories. The league will consider expected growth and other circumstances when determining the exact dividing line with the intent of balancing the field size.
  - o Student-athletes who are unable to participate in the prologue will be assigned to the lowest sub-category within their category.

### **A/B Group Upgrades or Downgrades:**

- Student-athletes participating in categories that have been split into sub-categories will be allowed to petition for a sub-category change (subject to the same rules and deadlines as high school students) only after the prologue and participating in at least one NICA race. A downgrade request will be considered only based on extenuating circumstances.
- All petitions must be submitted by the Team Director to the League Director. A committee will review all petitions and either grant or deny the request based on the information provided.

### First Race Prologue:

- A prologue time trial will be held during the first race of the season
- Prologue starts are individual starts with an approximate interval of 6 seconds between each rider.
- Riders will approach the start line where a timer will confirm their number and provide a 3-second count down before starting each rider. Student-athlete's times will be clocked via RFID chip timing upon crossing the timing mat at the finish line.

### Staging and Start Order for The Prologue:

- o Student-athletes meeting the preregistration deadlines will be staged and started using random selection within their respective category. Student-athletes registering on the day of the race will be staged and started after preregistered riders within their respective category and in the order of sign up.
- o Any rider that misses their placement into the staging group/order will be placed at the end of the line.

### Subsequent Race Staging:

#### Race Two

- Student-athletes will be staged based in the following order within their respective category or if applicable sub-category:
  1. Pre-registered student-athletes based on results in descending order from the prologue
  2. Pre-registered student-athletes who did not race in the prologue based on random selection
  3. Non-pre-registered student-athletes based on their last plate number according to a sequence randomly drawn from 0 to 9

There will be a separate call up and staging process for each start group if the category has been divided into sub-categories.

#### Race Three through Five

- Drop One Methodology: Staging for race three through five will be based on the cumulative results of race two through four using a 'drop one' points methodology. The lowest race score, *not including the prologue*, will be dropped from the cumulative points in determining these results. A race that was not attended or finished is considered a 0 within the cumulative points and is eligible to be dropped.

Student-athletes will be staged based on the following order:

1. Pre-registered student-athletes based on cumulative results in descending order from the current season.
2. Pre-registered student-athletes who do not have current season results based on random order
3. Non-pre-registered student-athletes based on their last plate number according to a sequence randomly drawn from 0 to 9.

There will be a separate call up and staging process for each start group if the category has been divided into sub-categories.

## **Middle School Awards and Podiums:**

### **Prologue Awards and Podiums**

- **Podium depth will be determined based on the number of participants in each category as specified in the rule book (Rule 8.8) and awards will be provided in each middle school category (defined above). Awards will be based on the fastest lap times as recorded by the league's timing system. If student-athletes on the podium record identical times, then they will be considered to have tied. A 'Strong Jersey' will be awarded to the top finisher in each category.**

### **Race Two Through Five Awards and Podiums**

**Each race's result is based on that race only. In other words, there is no consideration of cumulative results when determining the middle school podium.**

**Any category that has been split into sub-categories ('A'/'B' and possibly 'C') will have separate podiums/awards for each sub-category. Podium depth will be determined based on the number of participants in each sub-category as specified in the rule book (Rule 8.8). Awards will be based on the fastest results as recorded by the league's timing system. If student-athletes on the podium record identical times, then they will be considered to have tied. A 'Strong Jersey' will be awarded to the top finisher in each category.**